

## ABSTRACT

A hockey stick comprising a blade and a shaft adapted to being joined together. The blade portion having an upper portion and a lower portion and a face. The upper portion being comprised of a defined region having a reduced width dimension in a direction that extends generally perpendicular from the face of the blade when measured relative to regions in the upper portion of the blade that border either side of the defined region. The defined region may also be comprised of a reduced longitudinal bending stiffness in a direction that extends generally perpendicular from the face of the blade when measured relative to regions in the upper portion of the blade that border either side of the defined region.